Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9422
N2In22
cop2

WAR FOOD ADMINISTRATION
Food Distribution Administration
Nutrition and Food Conservation Branch

August 1943

INDUSTRIAL NUTRITION SERVICE

Hot Weather Hunches for Lunches

Whether you stand in a cafeteria line or whether you carry a packed lunch, these hunches for hot weather lunches suggested by the Nutrition in Industry Division may save you doctor's bills and help you lick the saboteur absenteeism.

Ill effects on workers because of working under conditions of high temperature are least often seen among those who are in good physical condition and who eat a good diet, drink plenty of water, and use plenty of salt with meals.

LIBRARY
CURRENT SERIAL RECORD
JUL 31 1944
U.S. DEPARTMENT OF AGRICULTURE

Hot Weather Hunches for Cafeteria Lunches

A cold plate lunch can be as adequate nutritionally as a hot plate lunch.

Choose baked, boiled, or broiled meats instead of fried.
Pork and pork products are not harmful if cooked until well done.
Fresh fruit in season is a safe bet for hot weather desserts if fruit is washed and kept chilled.

Avoid the choice of cream fillings in cakes or pastries if the products must stand in a warm place for several hours before they are eaten.

Get your share of the "fightamins" in fresh fruits and vegetables--especially a green or yellow vegetable and crispy raw vegetable salads every day.

Drink plenty of fresh fruit juices and milk for the lift that lasts.

Hot Weather Hunches for Packed Lunches

To avoid limp-looking salad sandwiches, pack salad dressing in screw-top bottle or covered wax container, and include a knife so that dressing may be spread on the sandwich just before eating it.

Use sliced rather than chopped meat, or fish or poultry for sandwich fillings.
Wrap each sandwich individually in waxed paper bread wrappers.
Wash and chill fresh vegetables to make them crisp before using in salads or sandwiches. Pile fresh vegetables loosely so there will be an ample circulation of air when stored in cold place.

Store eggs in a cold place. Set them out to warm up to room temperature just before cooking.

Put left-over hot food in uncovered shallow pan and cool as rapidly as possible. As soon as cool, cover and place in refrigerator. Plan to prepare foods in the amounts actually needed whenever possible.

Be sure that their vacuum bottles, used for carrying cold fruit juice or milk, are thoroughly cleaned with hot water. Vacuum bottles can then be chilled with cold water before filling with beverage.

Keep food and hands clean to protect health.

Hot Weather Hunches for Packed Lunches

Sliced tomato and bacon sandwich on enriched bread
Swiss cheese sandwich on rye bread
Carrot strips
Cantaloup
Ginger cookies
Milk

****

Fresh vegetable salad in split bun
Sliced luncheon meat sandwich
Hard cooked egg
Fresh fruit
Peanut butter cookies
Milk

****

Sliced egg and lettuce sandwich
Sliced ham sandwich
Potato, celery, and chopped pickle salad
Orange
Raisin cup cake
Milk

****

Suggestions for Sandwich Fillings

Sliced tomato and lettuce	Sliced American or Swiss cheese
Sliced egg and lettuce	Creamed cheese and nut
Peanut butter	Creamed cheese and olive
Sliced luncheon meats	Chopped raisin and nut

Tomato and bacon

Fillers

"Planning Meals for Industrial Workers," second in a series of publications by the Nutrition in Industry Division, Food Distribution Administration, is just off the press. It contains many suggestions for cafeteria, canteen, and lunch-box meals and between meal snacks.

****

Walt Disney's posters promoting better eating habits for war workers are popular with workers in industrial plants on the west coast. They are now available for national distribution through George Rice & Sons, Printers, 320 Crocker Street, Los Angeles, Calif. They were made through the efforts of the Food and Nutrition Committee, California War Council, to aid the national Nutrition in Industry program.

****

Metal lunch boxes and vacuum bottles for workers' packed lunches can now be manufactured, according to a recent WPB ruling.